



Makes 4 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

4 cups fresh or thawed frozen corn kernels

2 cups chopped roma tomatoes

½ cup thinly sliced scallions

¼ cup chopped fresh cilantro

2 tablespoons lemon juice

1½ teaspoons finely chopped jalapeño

¼ teaspoon garlic powder

Sea salt, to taste

Freshly ground black pepper, to taste

Spicy Corn and Tomato Salad

Perk up a [picnic](#) or afternoon barbecue with this refreshing corn and tomato salad. The juicy kernels are tossed with tangy scallions, fresh cilantro, and tart lemon juice to brighten up the earthy flavors of the produce, while chopped jalapeño gives the medley a spicy kick. This summery salad is ideal for spooning onto [tortilla chips](#), topping plant-based tacos, or piling onto whole grain toasts for a snack. To make it extra hearty, add a can of drained black beans and a dash of chili powder or cumin for a tasty [Mexican-inspired](#) meal.

Tip: To thaw frozen corn, place kernels in a colander and pour boiling water over it; drain and let cool.

For more creative corn recipes, check out these tasty ideas:

- [Dilled Veggie Toasts](#)
- [Tamales-Inspired Waffles with Black Bean Hash](#)
- [Grilled Street Corn Pizza](#)
- Or take a look at our full [collection of corn recipes](#)

By Darshana Thacker Wendel

- 1 In a medium bowl combine the first seven ingredients (through garlic powder). Season with salt and black pepper. Serve at room temperature or slightly chilled.